

# How a French Woman Became Perfectly Beautiful

## What She Did

She had her face  
skinned and rubbed with  
an antiseptic.

## The Operation

was most painful,  
but she uttered no com-  
plaint.

## Her Nose

was turned up and one  
nostril was too thin.

## Cotton Was Stuffed

into the nostril  
until it stretched.

## The Snub-Nose

was massaged  
until it found its proper  
place.

## After

months of agony she  
succeeded and is  
now happy.



She Was Like This Before She Reduced—Beautiful, But Too Heavy.



She Made a Martyr of Herself, Doing This for Hours and Hours a Day.

## An Interesting Case Before the French Courts of a Woman Who in Six Months Transformed Herself Into a Great Beauty.

By MARIAN MARTINEAU.

AN interesting case came up before the French courts the other day. A maid sued for her services, claiming that they had been very arduous, and that she was entitled to double pay. "My mistress," said she, "compelled me to assist her night and day. She often told me that if she succeeded in becoming beautiful she would pay me anything I asked."

The French woman, who, by the way, is beautiful now, was formerly very ugly. She had certain defects which she wanted cured. And she went to her martyr for six months, with the result that she became lovely. She considered the time well spent, for all agreed that she had worked a great transformation.

According to the maid, these are the things she did:  
She underwent face skinning. Her face was first rubbed with a kind of smarting antiseptic, and plasters were applied to it. These were allowed to remain on several days until the flesh underneath them became very sore. Gradually the plasters fell off, bringing the skin with them. The pain during this time was very great, but her mistress did not complain. She wanted to be beautiful at any cost.  
When the French woman began her treatment her nose was imperfect. It was inclined to turn up, and one nostril was too thin. To remedy this defect, one nostril was stuffed with cotton and was kept stuffed for months. This made it the same size as the other. Meanwhile the nose was massaged into place.

### Flattened Her Ears.

The young woman's ears, which had been round and rather protruding, were laid flat to the head and held in place by bandages. Then the lobes were pulled down to make the ears long enough. This required six months steady treatment as the ears were thick and obstinate and inclined to resist being made over.

Not content with these improvements to the face it was required that the wrinkles be taken out of the forehead. This was done by lifting the skin along the line of the hair and drawing it up tightly. It was then secured with sticking plaster and kept in place by bandages until it had healed. When well the forehead was as smooth as the forehead of a child.

This young French woman, who wanted, by the way, to go on the stage, was far from satisfied with the appearance of the bridge of her nose and the portion of the nose between the eyebrows. It was too depressed. Like Miss Gladys Parker Deacon, she wanted a classic profile.  
So there was nothing to be done except to inject paraffin into it. And facial surgeons were called in for the job. It is not at all difficult, but it takes time and patience. The paraffin which is made up of camphor and wax and an antiseptic is put over a little flame, and is made liquid. The needle, too, is heated. It is then filled with the waxy mixture which is quickly injected under the skin.

The operation must be quickly performed or the paraffin will be cool and will refuse to flow along the line of the needle. And this requires some art. As soon as it is under the skin it is molded with the finger tips. And

more is put in. This is continued until the bridge of the nose is the right shape. It takes some time and a great deal of patience.

### The Paraffin Operation.

The paraffin operation has been performed upon many society women and in most cases successfully. It all lies in getting the wax in under the skin at the right temperature. It must be very soft, yet it must harden almost instantly. It must harden so that it will be as firm as the skin, impossible to melt again or to dissolve. Indeed it must be a part of one's very flesh after a few weeks.

After getting her nose fixed with paraffin and such furrows as were left around the sides of her nose and the temples filled in after the same fashion, this very vain French beauty—for she had begun to be beautiful—turned her attention to her figure, which was too heavy and too short.

With a devotion to beauty worthy a better cause she allowed herself to lie flat upon the floor and be strapped to a board. Here she lay—if the story of the maid is to be believed—for six months with scarcely any let up. She wanted the figure of a sylph and she got it. She was fed through straws and she ate as little as possible. Indeed she could not move her muscles at all for she had plasters on her face, paraffin on her forehead, and a bandage around her ears. She took just enough food to keep life going.

Each day the maid lifted her to a high stool and here she sat for hours swaying back and forth. This was to reduce her waist which was too large for the waist of a sylph. She swayed and she swayed and she did exercises and exercises. When she was exhausted she lay back down upon the floor and was strapped to the board again. This was to make her back straight and flat and to improve her waist line.

### "Rather Die Than Be Ugly."

The maid testified that during this time her mistress was very irritable, but not once did she give up her grand purpose of being beautiful. "I would rather die," said she, "than be ugly. If I die it will be in a noble cause."

That her health did not suffer was due to her ambition and the power of the mind over the body. She was determined to be handsome, and to become such was the greatest desire of her life. "I want to be beautiful; I want to be beautiful," she would say when tired and longing to get up, walk, or to lie in a comfortable soft bed.

But she persevered. And at the end of six months she rose, took a beauty bath, put on her clothes, which, by the way, had to be made specially to fit her, and was beautiful. There was no denying the fact that she had improved her appearance a hundred-fold. From being a pudgy, scraggly, round-shouldered, pug-nosed duckling she had been changed into a beautiful swan. "Wonderful! Wonderful!" her friends exclaimed.

Now the moral of all this is that you can be beautiful if you want to be. And it isn't necessary to suffer martyrdom, either. Few persons are born as full of defects as this French woman, and on this account it is easier for them to acquire beauty. It isn't necessary to be strapped to a board for six months. You can exercise and become straight and pretty.  
Instead of the paraffin treatment, which is not always feasible, there is the massage treatment, which any woman can perform upon her wrinkles.



"At Last I Am Beautiful," Said the French Woman.

With her finger tips she can smooth them away. She can go at them with cold cream and rub them out of her skin. She can succeed in driving them away from her brow entirely, and the same way with the crow's feet around her eyes.  
As for the nose, it can also be massaged. But not a great deal can be done for the nose of a grown person. This has been shaped in childhood and must remain as it is. It can be improved a little by massage and manipulation, but not materially changed.

The face skinning can be managed without the use of paraffin. The old skin can be taken off and a new skin put on. There are several ways of doing this and the best way is to try all the ways at once, so that they may work together and accomplish the desired result.  
A woman whose skin was not good formed the habit of going over it every night with a carbolic acid wash. She poured out a basin of water and into this she dropped a very few drops of

carbolic. She used fully a gallon of water, while the drops of carbolic numbered only eight or ten. The druggist is the best authority on this matter. This acts as an antiseptic to the face. Face steaming will renew the skin, but it makes it very tender and one can scarcely go out the same day. But if one wants to try it the best way is to take hot cloths and apply them to the skin. They should not be hot enough to burn, but only to make the skin hot through and through.  
When the face is thoroughly steamed

## She Made Over All Her Features and Altered Her Figure From a Short Stubbiness Into a Tall Svelt-Like Form.

It is covered with a lather of soap jelly, which is washed off with soft water and borax. And, then, a little good face cream is rubbed in. This can be done once a week with the very best results.  
The face can be made better as to its texture by going over it with the finger tips wet in a benzoinated bath. Take a quart of water and drop in enough benzoin to make it milky. Dash it on the face. Then massage it with the finger tips. The result will be a hardening of the muscles and a contraction of the open pores of the skin.

### Night Caps for the Ears.

The treatment of the ears is a thing that should be done in childhood. But if one has neglected it, a great deal can be accomplished by pinning them back, as it is called, and by keeping them pinned back. There can be made a little nightcap, all of bandages which are applied to the ears so as to hold them in place. They are straps that hold back the lobes of the ears, keep-

ing them flat against the head. In time the ears will be less protruding. As for the figure, it is so easy to make it good and it is such a simple matter to straighten the shoulders, make the hips slender and make the chest full, that one cannot help wondering why there are any poor figures in the world.

A stout woman stood the other day in the door of a fashionable shop. She nearly filled up the door. Her weight was enormous and her face, which might have been pretty once, had lost all expression. It was one great mass of fat, cheek and jaw. Her figure was perfectly round front and back. She had no shape whatever, and had it not been for her belt you would never have guessed where her waistline lay.

Now a woman with a figure like that should get to work upon it. She can reduce it wonderfully in a very short time, and in six months she can bring herself back to normal. She can make the awful roll of fat melt away from her chin, from her cheeks and from her neck. She can straighten her shoulders and she can make her hips and her abdomen nice. She can, in short, become girlish again. It does not take long. And it is not hard work.

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